



Video Transcript

Tap For Self-Love

Hi, I'm Emily Simimi. I'm here with Gaia Goddess, and today we are tapping for self-love. And today, we're going to be adding a point that we haven't done before, and that is the chest point. And the reason why that is is because we're going to be opening up the heart space for you to channel this love within you. So just follow me for these points and let's get into it so the first point will always start with the karate chop so go ahead and start tapping one to two fingers and just take a deep breath in breathing in that love and exhaling out anything that's lower than the level of love let it go and just be here now with me Repeat after me, even though I'm not always perfect, I still deeply and completely love and accept myself. Even when there's times where I don't accept myself, I remind myself that I still deeply and completely love and accept myself. Even though I'm a work in progress, I still deeply and completely love and accept myself. I am a work in progress. I know that I'm not perfect. And even when I get frustrated with myself sometimes, I still deeply and completely love and accept myself. Even when I mess up, Even when I get embarrassed, even when I'm unkind to myself sometimes, I still deeply and completely love and accept myself and really feel that here. I still deeply and completely...

I choose to no longer put so much pressure on myself.
I tell myself that I'm doing okay.
Even when I make a mistake,
I am still amazing. Amazing.
When I am kind to myself, I am more kind to others.
When I love myself, I can love others even better.
And loving myself feels the best in my body.
Accepting myself
is so amazing.
Choosing this love for myself is the best thing I can do
And I forgive myself for all the times that I've been mean to myself.
I choose to forgive all those who made me feel like I couldn't love myself.
I forgive all the times in which I didn't feel that love,
but now I know that that love is within me.
I can bring up that love any time I choose.
I focus on doing things that I love to do.
I focus on all of my positive characteristics,
and I focus on telling myself that I love myself daily.
I love you.
I love you.
I love you.
I am a being of love.
Love is easy for me to do.
I let go of old patterns that tell me that love is hard.
And I choose new patterns that make it easy for me to love.
I choose loving thoughts.
I am divinely guided and protected.
I am powerful as I am right now.
I am a beautiful being.
And God and the universe loves me,
and I love everything else.
I love the flow of life,
and life flows through me.
And when I allow this to happen,
I feel free.
Love is easy for me to do.
I came into this world to truly experience this love.
And so I choose love today and every day.
And now take a deep breath here
and exhale out and
take a moment you can put your hands on your heart
feel your heart beating feel
your body relaxed feel your mind at ease that you get to choose love for yourself,

that you get to choose to vibrate at this frequency of love, that you don't need to do anything or be anywhere. You just need to be with yourself and love and accept who you are right now.

So thank you so much and make sure that if you don't see yourself at a zero and you don't feel that full self -love, just do another round of this and then you'll definitely be on your way to loving yourself even more. Thank you so much. Have a blessed day.